



**Grant County Health Department**  
**111 South Jefferson Street Floor 2**  
**Lancaster, Wisconsin 53813-1672**  
**www.co.grant.wi.gov**  
**(608) 723-6416**

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## **Why have a disaster kit ready?**

After an emergency or disaster, local officials and relief workers will provide help, but they cannot reach everyone immediately. You could get help in hours, or it might take days. Basic services such as electricity, gas, water, and telephone may be cut off, or you may have to evacuate at a moment's notice.

Your kit should contain essential food, water, and other supplies for at least three days. Gather the supplies now, in case you have to leave your home quickly. Make sure all family members know where the kit is kept.

Some of the supplies include:

- Water (1 gallon per person per day for 3 days)
- Food that does not need electricity for storage or preparation
- Battery-powered NOAA Weather Radio and a commercial radio or hand crank radio
- Flashlights and extra batteries
- First aid kit
- Prescription medications and eyewear
- Paper cups, plates and plastic utensils, paper towels, moist towelettes, garbage bags and ties
- Extra set of keys to house, car, etc.
- Infant and pet supplies if needed
- Cash in small denominations and change
- Books, games, puzzles or other activities for children
- List of your Emergency Contacts, including a phone number for an out-of-state contact



For more information and suggestions on more items to include in your kit go to <http://readywisconsin.wi.gov/>

*The mission of the Grant County Health Department is to promote the health and wellness of ALL residents of Grant County.*

## Websites

- ▶ Visit the Grant County website at [www.co.grant.wi.gov](http://www.co.grant.wi.gov) for more information on Grant County services.
- ▶ Visit the Wisconsin Immunization Registry (WIR) website [www.dhfs.wisconsin.gov](http://www.dhfs.wisconsin.gov) for information on your immunizations.
- ▶ Visit [www.grantcountyhospice.com](http://www.grantcountyhospice.com) for information on the Hospice Program.
- ▶ Visit [www.safegrantcounty.org](http://www.safegrantcounty.org) for information on the S.A.F.E. Grant County Coalition.

## Food Safety Starts at the Store

There are steps you can take while grocery shopping to safeguard you and your family against foodborne illness:

### Check for Cleanliness -

This helps ensure that the food is safe.

### Keep Foods Separated -

Separate raw meat, poultry, and seafood from other foods in your shopping cart. Place these foods in plastic bags to prevent their juices from dripping on other foods.

### Inspect Packaging -

Don't buy cans that are bulging or dented, jars that are cracked or frozen packages that are open, torn or crushed.

### Choose Eggs Carefully -

Before putting eggs in your cart, open the carton and make sure the eggs are clean and none are cracked.

### Keep Time and Temperature in Mind -

It's important to refrigerate perishable products as soon as possible after grocery shopping. These foods should not be left at room temperature longer than 2 hours; reduce that to 1 hour when outdoor temperatures are above 90°F.

Source: [www.foodsafety.gov](http://www.foodsafety.gov)

For more information on eating healthy at home, visit [www.choosemyplate.gov](http://www.choosemyplate.gov) or <http://fyi.uwex.edu/foodsense/> or contact the Grant County UW-Extension Office.



## WIC & Health Check Clinics

*(Immunizations given at all these clinics)*

**Jul 3rd**—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

**Jul 8th**—Boscobel United Methodist Church from 9:30am to 3:30pm

**Jul 9th**—Fennimore United Methodist Church from 9:00am to 3:30pm

**Jul 15th**—Cuba City St Rose—Mazzuchelli Hall from 9:30am to 3:30pm

**Jul 16th**—Late Boscobel Tuffley Center from 2:00pm to 7:00pm

**Jul 17th**—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

**Jul 23rd**—Bloomington West Grant Rescue Squad Bldg from 9:00am to 3:30pm

**Jul 24th**—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

**Jul 29th**—Lancaster Youth & Ag Bldg from 9:00am to 3:30pm



The Grant County Health Department is closed on Friday, July 4th for Independence Day.

## Protect Your Child from Rotavirus Disease

Rotavirus can cause severe watery diarrhea in infants and young children. They usually have fever, vomiting, and abdominal pain. Some children with rotavirus cannot drink enough liquids to replace the fluids lost from having diarrhea or throwing up many times a day. This can lead to severe dehydration, hospitalization, and even death.

Rotavirus spreads easily among young children. Before the vaccines were available in the United States, rotavirus was responsible for more than 200,000 emergency room visits and 55,000 to 70,000 hospitalizations of young children each year. Also, 20 to 60 children died each year. The good news is that there are vaccines to help protect your child from rotavirus disease.

### Rotavirus Vaccine

Two rotavirus vaccines are available: Rotateq® and Rotarix®. Both vaccines are given by mouth. They are 85 to 95 percent effective at preventing severe rotavirus disease in infants and young children. Both vaccines are recommended to start at age 2 months, and must be started before infants are 15 weeks old.

Most health insurance plans cover the cost of vaccines. If your child has BadgerCare, you don't have insurance or if it does not cover vaccines, the Grant County Health Department is able to give childhood vaccines free of charge. For more information on Grant County immunization clinics call 723-6416 or see our website [www.co.grant.wi.gov](http://www.co.grant.wi.gov). (On the left select side of website, select Health Department, and then scroll down to schedules.)

## Pregnant Women Need Whooping Cough Vaccine

If you are pregnant, talk with your doctor about getting the whooping cough shot called Tdap, to protect yourself and your baby. CDC recommends you get your Tdap vaccine between the 27<sup>th</sup> and 36<sup>th</sup> week of each pregnancy. After you get the shot, your body will create protective antibodies (proteins produced by the body to fight off diseases) and pass some of them to your baby before birth. These antibodies provide your baby some short-term protection against whooping cough in early life.

When babies catch whooping cough, the symptoms can be very serious. Young babies could get pneumonia (lung infection), and many have trouble breathing. About half of babies younger than 1 year of age who get whooping cough end up in the hospital, and a few even die from the disease. Many babies who get whooping cough are infected by parents, older siblings, or other caregivers who might not even know they have the disease.

Anyone who comes in close contact with your baby, from older siblings and cousins to grandparents and caregivers, should also be up-to-date with whooping cough vaccination. Currently, the Grant County Health Department has the vaccine available free of charge. Call us at 608-723-6416 before coming to our office or clinics to check if vaccine is available.

Source: Centers for Disease Control and Prevention

# Car Seat Recommendations for Children

## INFANTS

Use a rear-facing car seat to age one and 20 pounds, or the top height and weight limit allowed by your seat's manufacturer for rear-facing; suggesting to leave children rear-face until the age of two.

## TODDLERS

Use a forward-facing car seat with restraints until the child is four years and 40 pounds.

## BOOSTERS

Use a booster seat with the vehicle lap and shoulder safety belts until your child is 57" (4'9") tall, usually around the age of eight.

## SAFETY BELTS

A lap shoulder belt provides the best protection to your child and helps him or her to maintain the correct seating position. The belt should fit properly snug across the upper thighs, not the stomach and shoulder belt snug across the chest, not across the neck/face. Children should ride in the back seat of a vehicle until they are the age of 13.

The Grant County Health Department offers free car seat checks. If you are in need of a seat check, call the Health Department at (608) 723 -6416. If you can financially not afford a car seat, the Health Department can help you with a seat. Families must meet WIC income guidelines to be eligible. Monetary donations are accepted. For more information, please call the Health Department at (608) 723-6416 and talk to the car seat technician.



Change Service Requested

Non-Profit Organization  
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